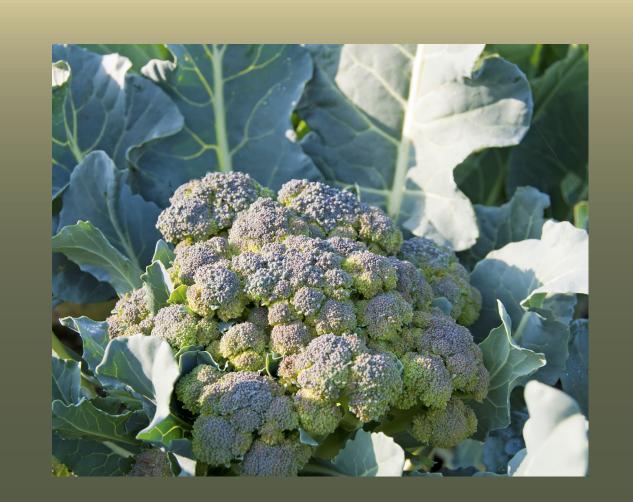
OREGON BROCCOLI

The average American eats almost six pounds of broccoli per year.





In Oregon, most broccoli crops are harvested between the end of June and the end of October.



People eat many variations of broccoli: broccoli raab, broccolini, romenesco, and purple broccoli to name a few!

This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can helpy ou buy nutritious foods for a better diet. To find out more, contact Oregon SafeNetat 211. USDA is an equal opportunity provider and employer. (c) 2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opportunity Employer.



When you eat broccoli, you are actually eating flower buds!



